



Supervisors doused at Halifax fire

Halifax Fire Services axes nine fire managers and eliminates their positions in a 'realignment' of staff that Coun. Steve Streach says will provide greater support to rural and urban fire services **PAGE 4**

BYE TRAILER PARK, HELLO MOVING DAY

HIT-TV-SERIES CREATOR MIKE CLATTENBURG'S NEWEST PROJECT HITS THE BIG SCREEN **FRIDAY** **PAGE 5**



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Tuesday, July 17, 2012



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HOUSE FIRE HOSED DOWN

PAGE 4

A firefighter douses a hot spot at a house fire in a residence along Sackville Drive in Middle Sackville on Monday. One man was hospitalized. **JEFF HARPER/FOR METRO**

Jazzed about airport jobs

Investment will generate \$11M over five years, NDP says **PAGE 3**

Magnotta claims abuse

U.S. lawyer who met accused may testify **PAGE 6**

Comic-Con hits & misses

Good and bad of this year's geek fest reviewed **PAGE 14**

Concert cash scandal report coming down

Municipality. As of last month, 33 of 54 original auditor general's recommendations had been implemented



JENNIFER TAPLIN

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HRM's auditor general's office is working long hours polishing off a report related to the concert-cash scandal.

Larry Munroe, the municipality's auditor general, is poised to deliver a report to the audit and finance committee on Wednesday on the "transfer of box office operations from the Halifax Metro Centre to Trade Centre Ltd."

It's the account at the centre of the scandal that rocked city hall last year when it was discovered HRM was on the hook for about \$360,000 due to non-repayable loans to a promoter for concerts in

2010. Munroe released a report on the issue in June 2011 and council recently voted to absorb the outstanding bill.

Audit committee chair Coun. Russell Walker expressed concern Monday the report is "still in progress" and he wasn't sure it would be ready by Wednesday. The auditor general's office wouldn't grant an interview Monday, but confirmed the report will be presented Wednesday.

The committee members won't know what's in the report until they see it Wednesday, but Coun. Linda Mosher said it will be of "great public interest."

"I am looking forward to the report," Mosher said. "This is the first deliverable since the initial report came forward, so obviously there's more research that has been done, and we'll get some more answers on how some of these actions occurred."

Specifically, she wants to examine how and why the box-office money was trans-

Quoted



"I think it's another piece of the puzzle with the concert issue and what occurred." Coun. Linda Mosher

ferred from HRM-owned Metro Centre to TCL, which is governed by a board made up of representatives from the province, HRM and the private sector.

"The auditor general and his staff have taken more time to look into the issue further," Mosher said.

She expects, as in a typical auditor general report, several recommendations will be included. The committee gets the first crack at asking questions Wednesday, but the report will also be going before council at a future meeting.



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Province committing \$16.5 million for Jazz jobs

Aviation. Governing NDP says investment should generate \$11 million in revenue over five-year period



ALEX BOUTILIER
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A multimillion-dollar provincial investment played a "significant" role in Chorus Aviation Ltd.'s decision to relocate 150 jobs from London, Ont., to Halifax.

Chorus president and CEO Joe Randall confirmed Monday that Jazz Aviation, a Chorus subsidiary, will relocate approximately 150 positions to Nova Scotia from London.

Jazz's London heavy-maintenance facility will close, while operations at the Halifax Stanfield International Airport will be expanded. Employees at the London shop will be offered positions in Nova Scotia, but it's not known how many will make the move.

A \$16.5-million investment from the provincial NDP certainly played a role in that decision, Randall said.



Premier Darrell Dexter speaks to Jazz worker Jason Bowen after announcing provincial support for the airline to create 150 jobs in the region. JEFF HARPER/FOR METRO

"This assistance from the province was a significant factor in terms of making the

decision to consolidate our heavy maintenance here," Randall told reporters.

Randall said Chorus was also in talks with the Ontario government to keep the jobs

Quoted

"Right now we employ in London about 150 people alone, and they will be offered assistance to move to Nova Scotia, et cetera, over the next year."

Chorus Aviation president Joe Randall

in London.

The investment includes a \$12-million interest-bearing loan, as well as a \$2.5-million forgivable loan conditional on employment targets. The remaining \$2 million will go to training new and current employees.

The money comes from the Nova Scotia Jobs Fund, formerly the Industrial Expansion Fund. It is the tenth Jobs Fund-related announcement this year, totalling \$371.1 million when a \$304-million, 30-year loan to Irving Shipbuilding is included.

"The province, every day, competes with other jurisdictions for jobs, for economic investment," said Premier Darrell Dexter. "And, frankly, I like to win."

N.L., P.E.I. yet to sign on to regional fund

The Nova Scotia New Democrats are moving ahead with a regional venture-capital fund despite a cool reception from Prince Edward Island, Newfoundland and Labrador.

Premier Darrell Dexter said Monday he still wouldn't rule out participation from across the Gulf of St. Lawrence and the Northumberland Strait. But he said the project will move forward, even if Nova

Scotia and New Brunswick are the only participants.

"We will go ahead as New Brunswick and Nova Scotia, and of course (the) offer was left open to both the other provinces," Dexter told reporters. "We continue to have conversations with them, and we'll see where that goes."

Dexter first floated the idea of the fund in a speech to the Halifax Chamber of

Commerce in November 2010. The idea was to create a fund, managed by the private sector with a \$15-million investment from participating provinces, to stimulate venture capital across Atlantic Canada.

Dexter said it's taken a frustratingly long time to get the fund up and running, but is confident it will still benefit the region with only two provinces participating.

"The broader the market is that we can service, the better (the fund) is," said Dexter.

"(But) the two of us coming together actually creates a great deal of potential for this fund.... Obviously we'd like to bring in all four provinces, but I think part of this is getting the fund up and running and that will create some momentum."

ALEX BOUTILIER/METRO

Requests denied



Interview requests to N.L. Premier Kathy Dunderdale and P.E.I. Premier Robert Ghiz (pictured) were not returned Monday.

Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.



Mobile news

How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering whether the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation of a scowling gas pump.

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Vancouver filmmaker Bob Christie's documentary, Beyond Gay: The Politics of Pride is a timely reminder of the various struggles facing Pride organizers around the world.

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OUT CELEBRATING 25



Facility to house 200 inmates. Province breaks ground on \$31M jail

The Nova Scotia government has broken ground on a new \$31-million provincial jail in Pictou County.

Justice Minister Ross Landry was among government officials who attended Monday's ceremony in Priestville.

The new facility, expected to open in mid-2014, is being built to replace two aging jails.

The government says the 200-bed facility will employ more than 100 people, creating 70 jobs.

Bird Construction was awarded the tender for the



Ross Landry METRO FILE

project on July 3.
THE CANADIAN PRESS

Review-board decision

South Shore school board to shrink by four members

Four seats have been axed from a Nova Scotia school board.

The province's Utility and Review Board released a decision Monday ruling the South Shore school board would drop down to eight members from 12.

The review board re-

leased its 19-page decision a month after the regulatory board held a hearing in Bridgewater.

School board member Judith Sullivan-Corney says she doesn't believe the cut will hurt the future board, and that the decision was fair.

She says the review board based its decision on the public submissions it received.

A new board will be elected in October.

THE CANADIAN PRESS

Cause being investigated. Teen dies in motorcycle crash on South Shore

A teenager has died following a collision involving a motorcycle in Lunenburg County.

Police say the collision occurred just outside of Lilydale around 3 p.m. on Monday afternoon.

Corp. Dyson Smith says police are trying to determine what caused the collision.

He says road conditions or alcohol are not considered to be a factor in the crash.

Victim's identity withheld

- The name of the deceased hasn't been released pending notification of family members.

Emergency officials shut down a section of Highway 3 for almost four hours while investigators re-constructed the collision.

THE CANADIAN PRESS

Wage negotiations

Province's nurses announce new contract for VON

With one contract negotiation settled, the Nova Scotia Nurses Union will be moving on to another.

The union, which represents 6,500 registered, practitioner and licensed practical nurses in the province, announced Monday a new contract for the Victorian Order of Nurses (VON). The

union said the acute-care and long-term-care VON nurses recently ratified the deal with a 93 per cent vote.

"We negotiated wage parity for our members with our health-care workers in the province. That said, we have little time to rest before we are back at the bargaining table," was written in a statement from the union.

Next up at the bargaining table: Contract negotiations for Canadian Blood Services nurses.

JENNIFER TAPLIN/METRO

HRM axes nine fire managers

Other changes to fire service eyed. Positions were non-union, high-level supervisors



JENNIFER TAPLIN
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Nine managers in Halifax Fire Services were laid off on Monday and their positions eliminated.

Coun. Steve Streach said it will mean \$1 million in savings and constitute a "realignment" of staff within the fire service giving greater support to rural and urban fire services.

"These are folks who have given many years of service but the chief and council was looking for efficiencies and ways to better serve the public

Quoted



"I think the changes brought forward by the chief (Monday) will go a long way in creating a better financial situation, as well as greater accountability and protection for the communities that we serve." Coun. Steve Streach

and redistribute our resources," the councillor for Eastern Shore-Musquodoboit Valley said.

Chief administrative officer Richard Butts encouraged the new chief, Doug Trussler, to make changes, Streach said. Trussler took the chief's chair after a retirement last winter.

"He understood clearly there were issues in the fire service, not the least of which was the apparent 'top heaviness,'" Streach said.

Council has been facing tough budgets in several departments in the past few years and creating efficiencies like this should be welcome, he added. All departments are being examined.

Staff will also be shuffled out of one of the headquarters at Alderney Gate and into these communities to provide better service and a more on-the-ground component for smaller departments. While there won't be any additional

hires, the money will go into the HRM coffers to provide greater service, Streach said.

"We're hopeful as well that this not only serves the paid department but ... also attraction and retention of volunteers. It has a multi-level effect and at the same time, saving that \$1 million."

And Trussler isn't done yet. Streach said there could be other changes coming to the fire service, including focusing on attraction and retention of volunteers and better support for smaller fire halls, specifically in Fall River and Eastern Shore.

"There will be greater voices for those communities at the local level and input on local decision than there has been for many years, so I welcome it personally as a representative in those areas," Streach said.



Fire crews monitor for hot spots at a house fire in Middle Sackville on Monday. JEFF HARPER/FOR METRO

Man hospitalized after his Middle Sackville home catches fire

A Middle Sackville man was sent to hospital with smoke inhalation after his house caught fire on Monday.

Halifax police received a call at around 11:29 a.m. reporting smoke coming from a nearby house at 1636 Sackville Dr.

Five units arrived on scene

to extinguish the flames coming from the second floor of the one-and-a-half-storey house, said Cliff Messervey, acting platoon chief for Halifax regional fire. "It appeared to be a large fire but it was brought under control quickly," he said.

The source of the fire is still under investigation. The

injured man was the only occupant of the three residents who was home when the fire occurred.

Police were asked to assist and issue traffic control, said Cpl. Scott MacRae, of the RCMP. They closed a portion of the 1600 block of Sackville Drive. KATE HOWELL/FOR METRO

Eyewitness account

- A neighbour who wouldn't give her name said the victim was already outside the home when firefighters arrived.

Clattenburg moved by movers in new comedy

The big screen. Local director's newest film *Moving Day* opening Friday at Bayers Lake

KATE
HOWELL
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Trailer Park Boys creator Mike Clattenburg is hitting the big screen once more, but his new movie, *Moving Day*, isn't of the same mould as the crass humour his TV series remains so well known for.

Moving Day, directed by Clattenburg, is a workplace comedy set around a moving company. Having had many movers help him move over the years, Clattenburg was inspired.

"I was taken by how hard (movers) worked and the physical and mental strain they're under," Clattenburg, who is from Cole Harbour, said in a phone interview Monday. "They're carrying couches three flights of stairs and if they slip and put a big dent in the wall it's a big deal."

Clattenburg was nearly describing a scene in *Moving Day*, when the protagonist, played by Will Sasso, drops an antique dresser down a flight of stairs, much to the chagrin of the owner, played by comedian Gerry Dee.

Sasso plays Clyde, a man stuck in a rut who sets off to pursue his dream of working for the city. His co-workers, played by Charles Q. Murphy and Gabriel Hogan, help him out as much as they cause him anxiety, inciting many candid and slapstick moments.

Clattenburg and Mike O'Neill, who composed the music for most of Clattenburg's projects, wrote the script in four months.



A scene from *Moving Day* featuring Will Sasso, left, and Gabriel Hogan. SUPPLIED

Halifax backdrop

Moving Day was filmed in Halifax, so those who see the film will want to keep an eye out for many familiar backdrops.

- "Halifax, Dartmouth inspires me and inspires many, many stories, and I hope to shoot here for a long time," Mike Clattenburg said.

"I was after some more tender moments, some more human moments," Clattenburg said of his hopes for the film. But that certainly didn't get in the way of the humour, added to the film's already funny script by the actors' improvisation.

"Gabrielle Miller floored me," he said. "She was always cocked and loaded with 10 million jokes."

Starkly different from his 2011 war flick, *Afghan Luke*, Clattenburg said many films inspired *Moving Day*, including *The Straight Story*, directed by David Lynch.



Cole Harbour's Mike Clattenburg on set of the film *Moving Day*, which he directed and which was filmed in HRM. ALLIANCE FILMS

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Johnsons Landing

Remains of second person found at B.C. landslide site

The remains of a second person have been uncovered at the site of a landslide in southeastern B.C. that killed four people.

The B.C. Coroners Service and RCMP say the remains were found at Johnsons Landing, though

they didn't release an identity.

Four people were missing after Thursday's slide, including 60-year-old Valentine Webber, his two daughters and a German tourist.

On Sunday, searchers found a body believed to belong to Valentine Webber near the site of the slide.

Still unaccounted for are Rachel Webber, 17, Diana Webber, 22, and German national Petra Frehse, 64.

THE CANADIAN PRESS

Record rains

Japan floods still affecting region

Most of the quarter-million people who fled flooding in Japan were able to return home by Monday, but the danger had not fully passed from record rains that have killed at least 28. Hundreds of landslides have been reported, and the military airlifted food to stranded districts. THE ASSOCIATED PRESS

Leadership shakeup

North Korea's vice-marshall dismissed

North Korea's vice-marshall is out, dismissed from several powerful posts because of illness, state media said Monday in a brief surprise announcement just days after Ri Yong Ho last appeared in public. The decision was made at a Workers' Party meeting on Sunday, according to the official Korean Central News



Former North Korean vice-marshall Ri Yong Ho THE ASSOCIATED PRESS

Agency. The dispatch did not elaborate on his condition or future. THE ASSOCIATED PRESS

Food safety

Needles found in airline sandwiches

Delta Airlines says needles were found in six sandwiches on four flights from Amsterdam to the U.S. on Sunday. The airline says security for its meal production has been increased and it is using more prepackaged food while the investigation continues.

THE ASSOCIATED PRESS

Lawyer may be witness in Magnotta case

Body-parts murder.

U.S. lawyer says he met with accused killer, who complained of being abused by a mystery man

Email exchanges

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and

sexually — by a mysterious acquaintance known as "Manny." Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more. He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

Salta recalled that Magnotta first contacted him over concerns police were closing in on him amid a swirl of animal-cruelty accusations.

THE CANADIAN PRESS



Ultra-Orthodox Jews rise up against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline.

ODED BALILTY/THE ASSOCIATED PRESS

Budapest. Suspected Hungarian war criminal may have been Canadian

Hungarian officials have launched an investigation to determine if a suspected war criminal — who may also have been a Canadian citizen — has been living clandestinely in the capital for years.

Budapest prosecutors said in a statement Monday that they were investigating a case based on information received from the Simon Wiesenthal Center, but did not name the suspect.

The centre has told prosecutors that a Budapest resident named Laszlo Csatory

is believed to be the former police chief in the Slovak city of Kosice in 1941, who played a "key role" in sending more than 300 Jews to their deaths in Ukraine.

Csatory, who the centre says would now be 97 years old, is also suspected of helping to organize the 1944 deportation of some 15,700 Jews to Auschwitz.

A man bearing a similar name lived in Canada as a citizen until August 1997, according to Canadian government officials. THE ASSOCIATED PRESS

Syrian rebels push into Damascus

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest,

for many of its four million people the violence brought scarily close to home the strife that has deeply scarred other Syrian cities.

Monday's fighting suggested that deep cracks were appearing in the tightly controlled facade of calm that has insulated Damascus from violence throughout the uprising.

Damascus — and Syria's largest city, Aleppo — are both home to elites who have benefited from close ties to Assad's regime, as well as merchant classes and minority groups who worry their status will suffer if Assad falls.

Syria's violence has grown

Rising toll

17,000

Anti-regime activists say more than 17,000 people have been killed in the uprising since it first began 16 months ago.

increasingly bloody and chaotic in recent months as the uprising has morphed from a peaceful protest movement seeking political change into an armed insurgency seeking to topple the regime by force.

International diplomacy has failed to stop the violence, and world powers remain

deeply divided over who is responsible and how to stop it. The U.S. and many Western nations have called on Assad to leave power, while Russia, China and Iran have stood by the regime.

On Monday, Russian Foreign Minister Sergey Lavrov accused the West of using blackmail to secure a UN Security Council resolution that could allow the use of force in Syria.

Lavrov objected to the text of a Western-backed resolution that calls for sanctions and invokes Chapter 7 of the UN Charter, which can be enforceable militarily.

THE ASSOCIATED PRESS

“For years, I suffered from unbearable stiffness and swelling in my hands”

“How I BEAT The Pain That Almost Ended My Career!”

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you’ve experienced it for yourself, you can’t imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the “Best Permanent Cosmetic Technician” in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn’t afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. “It’s called the ‘secret killer,’ and for good reason,” he said. “Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

“The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S.—has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

“It turns out that the fruit of this plant is loaded with a special concentration of something called a ‘bioflavonoid.’ It’s a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it’s **proven to reduce inflammation and detoxify your body naturally.**”

He then spoke the words that would change my life. “I think all you need to do is try a fruit drink.” I was shocked! How is an ordinary fruit drink going to end my misery? “Well, it’s not an ordinary fruit drink. It’s called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you’ll be amazed how great you’re going to feel.”

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was overjoyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!



Jaudon Sunde, Micropigmentation Specialist, says that “Nopalea has been a life-saver in every sense of the word.”*

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Ninety-year-old has more fun on the weekend than you

Lester Slate, right, a 90-year-old from Exeter, Maine, sits on the ground after his first skydiving jump, made in tandem with instructor Matt Riendeau at a skydiving school in Pittsfield, Maine, on Sunday. KEVIN BENNETT/BANGOR DAILY NEWS/THE ASSOCIATED PRESS

YouTube now a major news platform: Study

Changing media. TV news still dominates, but video-sharing site emerging as place to go in times of big events

A new study has found that YouTube has become a major platform for news, one where viewers are turning for eyewitness videos in times of major events and natural disasters.

The Pew Research Center's Project for Excellence in Journalism on Monday released its examination of 15 months of the most popular news videos on the Google Inc.-owned site.

It found that while viewership for TV news still easily out-

paces those consuming news on YouTube, the video-sharing site is a growing digital environment where professional journalism mingles with citizen content.

"There's a new form of video journalism on this platform," said Amy Mitchell, deputy director of the Pew Research Center's Project for Excellence in Journalism.

"It's a form in which the relationship between news organizations and citizens is more dynamic and more multi-verse than we've seen in most other platforms before."

The Japanese earthquake and tsunami was the most-viewed news event during the length of the study, which spanned January 2011 to March

2012. The top videos from Japan included footage from surveillance cameras, a news network and a Japanese Coast Guard vessel — a typical variety of sources.

"One of the things that emerges here is the power of bearing witness as a part of a news-consumption process," said Mitchell. "Many of the most-viewed stories that we're looking at here have real powerful imagery around them."

The results depicted both reasons for concern and encouragement for traditional news outlets. While citizen journalism accounts for a large slice of viewership on YouTube, its users are also eager distributors of professional news video.

Details

- More than a third of the most-watched videos came from citizens.
- More than half came from news organizations, but footage in those videos sometimes incorporated footage shot by YouTube users.

The relatively nascent Russia Today had the most videos among the most-viewed. The second most-viewed news organization was Fox News, though the study pointed out more than half of those videos were posted in criticism of the network. **THE ASSOCIATED PRESS**

Gaza. Christians stage protest over alleged forced conversions to Islam

Dozens of Gaza Christians staged a rare public protest Monday, claiming two congregants were forcibly converted to Islam and were being held against their will.

The small but noisy demonstration showed the increasingly desperate situation facing the tiny minority.

Protesters banged on a church bell and chanted, "With our spirit, with our blood we will sacrifice ourselves for you, Jesus."

Gaza police say the two congregants are staying with a Muslim religious official at their request, because they fear retribution from their families for converting to Islam. Two mediators said the two — a 25-year-old man and a woman with three children — appeared to have embraced Islam of their free will. Forced conversions have been unheard of in Gaza before.

Since the Islamic militant group Hamas seized power five years ago, Christians have



A Palestinian Christian holds a photo of a man who protesters say was kidnapped. THE ASSOCIATED PRESS

felt increasingly embattled, but have mostly kept silent.

There are growing fears among Gaza Christians that their rapidly shrinking community could disappear through emigration and conversions.

Their numbers appear to have shrunk from some 3,500 to about 1,500 in recent years, according to community estimates. **THE ASSOCIATED PRESS**

Sexual harassment. Judge's accuser grilled in court

A man who says he was sexually harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and who has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website after her husband posted them there without her knowledge.

The inquiry by the Canadian Judicial Council is examining a complaint filed by Chapman in 2010. He alleges he had been the target of a strange sexual plan by Douglas and her husband, Jack King, seven years earlier. At the time, King was Chapman's divorce lawyer and Douglas was a lawyer at the same firm as her husband.

Chapman alleges he was approached by King to have sex with Douglas, and was directed to Dark Cavern, a website dedicated to sex between black men

Consent

- King and Douglas have said all along that King was acting without Douglas's knowledge — that he uploaded the photos and approached Chapman for sex without any consent from his wife.

and white women.

"White Princess" was the name attached to the photos of Douglas, some of which showed her in bondage gear and performing sex acts. Chapman said he visited the photos reluctantly and only because "the man had my divorce stuff."

Chapman filed a sexual-harassment claim against King in 2003 and was given \$25,000 in exchange for returning all the photos and agreeing to never discuss the matter. He broke that agreement in 2010, saying he was still suffering stress.

THE CANADIAN PRESS

U.S. presidential race

Mitt Romney attacks Obama

Mitt Romney began another week of the blistering U.S. presidential race on the defensive on Monday, accusing Barack Obama of running a dishonest campaign while brushing off calls to release more of his income-tax returns.

THE CANADIAN PRESS

Penn State scandal

School prez vows to co-operate

Penn State president Rodney Erickson is promising co-operation with further investigations in the Jerry Sandusky sex-abuse scandal but also says decisions about the future "will take time."

THE ASSOCIATED PRESS

Filmmaker missing in B.C. woods

RCMP in northern British Columbia are searching the woods for a documentary filmmaker from the United States.

Twenty-six-year-old Warren Sill from Ohio was filming a documentary on the kermode bears, a group of white-coated black bears, that inhabit the area.

Sill had said he would be gone four or five days, but

his parents said on Sunday that they hadn't spoken to the man since July 4.

Police in New Hazelton, B.C., say Sill's vehicle has been parked at the entrance of the Whiskey Creek Trail near Gull Creek since July 5.

RCMP Const. Lesley Smith said on Sunday the search for Sill had been going on for three days, with police, search-and-rescue

Biggest worry

- RCMP Const. Lesley Smith said authorities are most concerned that Sill is not "an avid outdoorsman."

crews and volunteers looking for the filmmaker. **THE ASSOCIATED PRESS**



Warren Sill CONTRIBUTED

U.S. tourists, Egyptian guide kidnapped in Sinai are freed

Egypt. Two Americans, their guide unharmed by Bedouin kidnapper who was demanding the release of his uncle detained by police

Two American tourists and their Egyptian guide who were abducted by a Bedouin in Egypt's Sinai Peninsula last week were released unharmed on Monday after negotiations with security officials and tribal leaders.

Rev. Michel Louis, 61, and 39-year-old Lissa Alphonse, both Boston-area residents, had been kidnapped from a bus on Friday along with their guide, Haytham Ragab, on a Sinai road by a Bedouin who was demanding the release of his uncle, who had been detained by Egyptian police on suspicion of drug possession.

The kidnapper, Jimmy Abu-Masuh, told AP that he had handed the three over to security officials near the northern Sinai city of el-Arish on Monday after he was promised that au-

Breakdown of security

The abduction illustrated a broader breakdown of security in the Sinai, a key destination in Egypt's vital tourism industry, where lawlessness has risen since last year's ouster of former president Hosni Mubarak.

- Relations between the Bedouin and authorities have long been tumultuous, with Bedouin complaining of discrimination and abuses against them by security forces.
- This year has seen a string of kidnappings of tourists, usually by Bedouin trying to wrest concessions from authorities or the release of jailed relatives. In most cases, captives have been released unharmed.

thorities were working on his uncle's release.

"We are a people of mercy and they don't have anything to do with this," Abu-Masuh



Boston residents Rev. Michel Louis, 61, and Lissa Alphonse, 39, were kidnapped along with their Egyptian tour guide on a road in the Sinai Peninsula, Egypt. The Americans were on a Holy Land tour heading from Cairo to St. Catherine's Monastery, pictured, which is located at the foot of Mount Sinai. PAOLA CROCIANI/THE ASSOCIATED PRESS

said, referring to the Americans. The three released captives later appeared at a police station in the northern Sinai city of el-Arish.

During their captivity, the three were kept at Abu-Masuh's home in the harsh mountain terrain of central Sinai, and given tea and food,

including at one point a roast lamb, according to Abu-Masuh and the guide, Ragab.

"We were treated just like they treat their own," Ragab,

28, told the Associated Press by phone after their release. "But we were under emotional pressure. Life for the Bedouins is tough." THE ASSOCIATED PRESS

Alexandria

Building collapse kills 19 in Egypt

Egypt's Health Ministry says the death toll in the collapse of a building in the Mediterranean port city of Alexandria has risen to 19.

The ministry released the latest figures as rescue teams continued to search Monday for survivors buried under the rubble.

An 11-storey building in the poor Alexandria neighbourhood of al-Gomrouk

collapsed late Saturday onto three adjacent buildings, reducing much of the structures to rubble.

Building collapses are not uncommon in Egypt, where shoddy construction is widespread in shantytowns, poor city neighbourhoods and rural areas.

With real estate at a premium in big cities like Alexandria and Cairo, developers seeking bigger profits frequently violate planning permits and exceed the number of storeys allowed.

THE ASSOCIATED PRESS



Hosni Mubarak THE ASSOCIATED PRESS

Egypt's ex-leader back in prison

Ousted leader Hosni Mubarak returned to prison on Monday after weeks in a top-line military hospital, a security official said.

A prosecutor said the 84-year old ex-president's health had improved from several weeks ago, when he was reportedly on the brink of death.

But others in Egypt see the move as an attempt to allay skepticism that officials sympathetic to Mubarak were exaggerating his health crisis to

give the ex-president a more comfortable imprisonment.

Mubarak was sentenced to life in prison on June 2 for failing to stop the killing of hundreds of protesters during last year's uprising against his regime.

Days after he started serving his sentence incarcerated in the hospital of Cairo's Torah Prison, officials said his health deteriorated, he began slipping in and out of consciousness, and his heart

stopped several times.

On June 20, Mubarak was moved to one of the country's well-funded military-run hospitals located in Cairo's suburb of Maadi.

But early Monday, Egypt's official Middle East News Agency said Egypt's prosecutor general ordered that Mubarak be moved back to Torah Prison, where his sons and several of his ministers are held over various corruption charges.

THE ASSOCIATED PRESS

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Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off, with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association showed the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011. Resales of homes were also down 1.3 per cent in June from May.

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European Central Bank

Number of counterfeit euro bills drops

The European Central Bank says the number of counterfeit euro bills fell 15.2 per cent in the first six months of the year compared with the first half of 2011, with €20 and €50 notes

being the most commonly forged.

The Frankfurt-based bank said Monday that the two bills made up 77 per cent of the 251,000 counterfeit bills detected.

It says the overall number of counterfeit bills makes up a small fraction of the approximately 14.6 billion in circulation during the first six months.

THE ASSOCIATED PRESS



The €20, and €50 notes are the most commonly forged, the European Central Bank says. THE ASSOCIATED PRESS

Glitch

Skype says bug affected small number of users

Online calling service Skype is confirming a bug that has caused instant messages to be sent to the wrong contacts.

Skype, which is owned by Microsoft Corp., said in a statement Monday that only

a "small number of users" are affected. It called the bug a "rare occurrence" but did not go into details about what caused it or exactly how many people were affected.

Skype says it will send out a software update that fixes the problem in the next few days. The bug was first described in Skype's online support forums and reported in various technology blogs.

THE ASSOCIATED PRESS

Goldman Sachs downgrades Tim Hortons to 'sell'

Wall Street. Increasing pressure in competitive market forces investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation"

that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month. Earnings-per-share estimates were reduced to \$2.72 from \$2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to \$3.06 from \$3.13, and to \$3.34 from \$3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

Tim Hortons has responded by expanding its menu to include a broader array of lunch offerings, including hot food, and new specialty drinks like frozen lemonade.

Kelter said he would consider re-evaluating his rating if there were signs of a sustained rebound in Canada, or if Tim Hortons escalated the timeline of its rollout in other countries.

THE ASSOCIATED PRESS



Touch-based controls coming for Office

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word-processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. The addition of touch-based controls will enable Office to extend its franchise into the rapidly growing tablet-computer market. Apple dominates that market with the iPad, though Microsoft has plans to compete with its own tablet, called Surface.

JEFF CHIU/THE ASSOCIATED PRESS

Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

Labour dispute. Vale wins court bid to prosecute strikers blocking nickel site

Mining giant Vale won a court application Monday to prosecute striking workers if they block access to a new nickel-processing site, upping the ante in an increasingly nasty labour dispute in southern Newfoundland.

What started Thursday as a wildcat strike by about 90 crane operators entered its fifth day as the company and workers traded accusations of intimidation and ill will. About 1,000 workers — half the usual labour force — went back to work Monday in Long Harbour, N.L., north of Placentia on the Avalon Peninsula, after union leaders urged them to respect

a collective agreement signed in 2009. The rest stayed away in part, Vale says, because striking workers have snarled traffic on the road leading to the site.

Company spokesman Bob Carter said production can't fully resume without the crane operators as the dispute costs Vale several million dollars a day. Carter also said he's heard that some returning workers got threatening emails, text messages or phone calls. He did not provide examples and a union spokesman for the crane operators, Roy Hawco, said he wasn't aware of such tactics.

THE ASSOCIATED PRESS

Economy. Canada continues with slow growth: IMF

The International Monetary Fund is calling for further government action amid signs the recovery is faltering in many countries, though Canada's outlook has held up better than most other advanced economies.

The 188-country organization said Monday that it expects Canada's economy will grow modestly, by 2.1 per cent this year and 2.2 per cent next year — virtually unchanged from the IMF's forecast in April.

That's not the case in many parts of the world.

The IMF's July outlook warns that, after a better-than-expected start to the year, growth is slowing in many

Growth-rates forecast

The Canadian growth rates forecast by the IMF are below the Bank of Canada's call of 2.4 per cent in 2012 and 2013, but in line with most private-sector economists, who have been downsizing expectations the past few months.

parts of the world, shaving two-tenths of a point off of the IMF's 2013 estimate, which falls to 3.9 per cent.

The 2012 growth estimate has also been reduced, by one-tenth of a point, to 3.5 per cent.

THE ASSOCIATED PRESS

Market Minute

The Toronto stock market closed little changed Monday with gains limited amid a big disappointment in U.S. retail sales and a revision to Chinese growth expectations.

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98.55¢ US (-0.01¢)

TSX
11,521.18 (+6.65)

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GOLD
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Natural gas: \$2.8010 US (-7.3¢)
Dow Jones: 12,727.21 (-49.88)

READY TO RELINQUISH YOUR CREEPER ANONYMITY?



SHE SAYS...
Jessica Napier
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post,

Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar "seen by" feature was added to Facebook's mobile-messaging service to let users keep track of when messages had been read. It's an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of "creeping" through others' online activity without detection. More than likely, you don't really want everyone to know when you've spent

hours looking at (and silently judging) your ex-boyfriend's tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty pleasure aspect of the social-networking site.

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren't cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We're happy to relinquish all our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook's mass appeal. And while it wasn't too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social

Follow Jessica Napier on



Would you still creep if you knew the person you were creeping knew too?
CONTRIBUTED

Olympic horse is a-maize-ing



REX FEATURES

Olympic agriculture

Horse, rider seem to leap across field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England's picturesque Lake District, has created in a maize field the image of a giant horse and rider leaping over a jump in honour of Great Britain's equestrian team, which is highly favoured to win gold.

Every summer Wadsworth's farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. **METRO**



Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED

Maize maze: A how-to

- **How it was made:** "The pattern was first designed on a computer, then plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don't make a mistake using this sort of technology."
- **How it was done before:** "Before, when GPS technology was not available, I used a device called a fixed-point transmitter,

which would relay information between a satellite and the moving tractor. It wasn't as accurate, and once, when the system batteries failed, one of the details of a design I was working on — the head of a llama — did not come out as I had planned!"

- **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."



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In light of patio season, what's your hangover remedy?

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HAIR OF THE DOG:
BLOODY MARY, PLEASE

33%
TWO PAINKILLERS,
AND WATER

25%
PREVENTION: I
PAIR WATER
WITH EVERY
DRINK

42%
EGGS,
BACON,
TOAST AND
COFFEE

Twitter

@MoeThomas: The harbour hopper man didn't just tell the people that spring garden is like st catherine st in montreal.. #lies lol

@kennedyjulianna: Just lost my mind over discovering the Epic of Gilgamesh is required reading material for Classics at Dalhousie. #historynerd-problems

@Fougie85: Its funny how in Halifax you can

tell which university someone goes to just by how they present themselves

@khaylalaing: My mom just told me I'm not aloud to go to mic mac anymore because that's the number one spot in hrm where prostitutes are recruited #wtw

@shionawright: What to do in #Halifax on a Monday night?





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0% Financing for up to 84 months

0% FINANCING FOR UP TO 60 MONTHS



2012 Chev Orlando

0% Financing for up to 60 months

plus

Free DVD Player



2012 Chev Traverse

0% Financing for up to 60 months

plus

\$5100 Bonus Cash Savings



2012 GMC Acadia

0% Financing for up to 60 months

plus

\$5100 Bonus Cash Savings



2012 Buick Enclave

0% Financing for up to 60 months

or

Lease for 0% for 36 months

0% FINANCING FOR UP TO 72 MONTHS



2012 Chev Silverado 1500

0% Financing for up to 72 months

plus

\$7500 Bonus Cash Savings



2012 GMC Sierra 1500

0% Financing for up to 72 months

plus

\$7500 Bonus Cash Savings

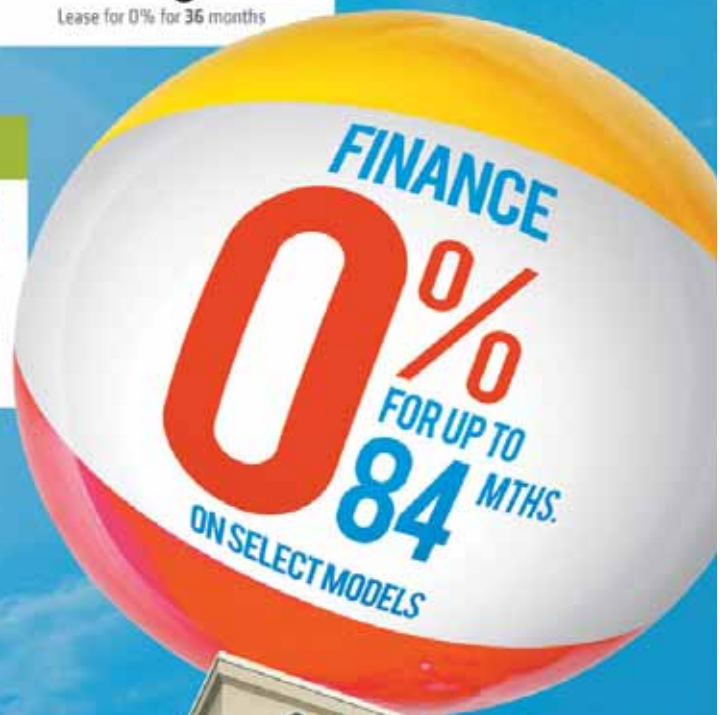


2012 Chev Avalanche

0% Financing for up to 72 months

plus

\$7500 Bonus Cash Savings



2

SCENE

Scene in brief

Baby No. 3 for Uma

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed on Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. Busson has two sons with Elle Macpherson.

THE ASSOCIATED PRESS

Judges disciplined over Lohan case

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance. The judges got what are called advisory letters, considered the lowest of disciplinary actions. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.

THE ASSOCIATED PRESS

On the web



El Entertainment Olympics plan has its own Kardashian connection



Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

The ups and downs of Comic-Con 2012

Review. Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED EHRBAR

Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teasers and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days.

So, was it worth the wait?

Biggest hits:

Marvel Entertainment: Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Fiege also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

Elysium: District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

Biggest misses:

The Host: While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, The Host, directed by Andrew Niccol. The footage of the sci-fi story about

alien possession left fans scratching their heads — and some walking out before the screening had finished.

Django Unchained: While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

Go ask Alice. Ashley Greene talks about wrapping up Twilight

The Twilight film series has been something of a game-changer for Comic-Con. When the franchise paid its first visit, the influx of diehard female fans ruffled some fanboy feathers. Metro sat down with Ashley Greene, who plays vampire Alice Cullen in the series, about the series' last trip to San Diego.

How is the last Comic-Con for Twilight going?

It's good. It's as intense as ever. I looked at my schedule and was like, "Wow!" But then it's great. It's a great feeling to know the last film we're doing, the fifth



Ashley Greene HANDOUT

movie, there's still so much interest in it and that people are still passionate about it, and I got to see fans that I saw the first time I came here.

NED EHRBAR

Walking Dead. San Diego succumbs to zombies to celebrate 100th issue

Despite all the superheroes, aliens and giant monsters around San Diego, this year the Comic-Con weekend belonged to the Walking Dead, the AMC show based on Robert Kirkman's comic book about surviving a zombie apocalypse.

The 100th issue of the comic hit stores last week, and fans got their first look at season three of the popular series, which debuts worldwide Oct. 14, including new cast-members Danai Gurira as Michonne and David Morrissey as the infamous Governor. "I'm getting a sense of (how big this is),

It's fan base is massive, so I'm really over the moon to be joining," Morrissey tells Metro.

The enthusiasm for the show was evident outside the convention centre as well, with Petco Park turned into a zombie survival course — and the backdrop for a star-studded party celebrating the 100th issue. And fans in zombie garb were everywhere, coming together for a traffic-stopping "zombie walk" on Friday afternoon.

"Never underestimate Comic-Con," Kirkman says.

NED EHRBAR

DVD reviews



The Three Stooges

Director. Bobby Farrelly, Peter Farrelly

Stars. Sean Hayes, Chris Diamantopolous, Will Sasso

●●●●●

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.

PETER HOWELL

Casa de mi Padre

Director. Matt Piedmont

Stars. Will Ferrell, Gael Garcia Bernal, Diego Luna

●●●●●

Will Ferrell takes risks with his comedy, yet too often settles for material that's more amusing on paper than it is on the screen. Casa de mi Padre is the latest example. Ferrell plays a Mexican ranchero who speaks Spanish as if he were born to the tongue. It's audacious, given the huge resistance of Americans to subtitled films. It's also a good idea. If only it were funnier. Most of the rest of the cast of this hammy drama, a western spoof of cheesy Mexican telenovelas, actually are native Spanish speakers. Supposedly filmed in widescreen "Mexico-Scope," but also filled with deliberately fake animals and props, Casa de mi Padre gets by on Ferrell's abundant good cheer, his Berlitz Spanish and his willingness to make himself the joke.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Anne Hathaway ALL PHOTOS GETTY IMAGES

It's all in her head: Haircut nothing short of shocking for Hathaway

Anne Hathaway is enjoying the ultra-short haircut she's sporting from filming *Les Misérables*, but it definitely took some getting used to.

"I wasn't expecting it to be such a big deal, because it was my idea," she tells Kelly Ripa during an interview. "I've now done backflips out of windows,

I've jumped off buildings, and cutting my hair reduced me to, like, mental patient-level crying. I was inconsolable."

Who dumped who on *Idol*?

MONICA
WEYMOUTH
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving *American Idol* last week, both stars cited their busy, rewarding lives. How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to *TheWrap*.com, Lopez was actually let go when she asked for a \$2 million raise and Fox "surprised her" by declining to make a

counter offer. During an appearance on Monday's *Good Morning America*, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet ... I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells *TheWrap*.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedge.



Joshua Jackson



Diane Kruger

Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the *Fringe* star tells *People* magazine.

"The most romantic thing about Paris for me is just walking around and being immersed in the city," Jackson says.

"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

Twitter

@driverminnie

We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university



@julianne-moore

umm #the knicks the way things are going why not just have ME on the team. Old ladies are great point guards.



@AlbertBrooks

Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.

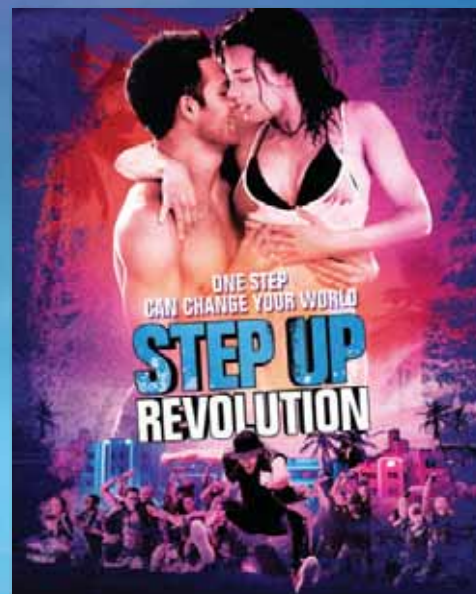


@RyanSeacrest

Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.



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3

LIFE

On the Web



Sports-related eye injuries not uncommon in summer sports but easily preventable

Beach body pilates plan

Workout. Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA MCGUINNESS
Metro World News

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from



Is her BlackBerry hidden under the mat? CONTRIBUTED

technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing

gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that is. This 'thing' doesn't have to be spiritual, it can also be

emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli.

Yoga and Pilates are exercises that help you trigger sensations and get back in

touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

The workout

How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

1. 100s:

Lying on your back with your entire spine pressing in to the mat, lift your legs up in

the air to a tabletop position and engage your lower abdominals.

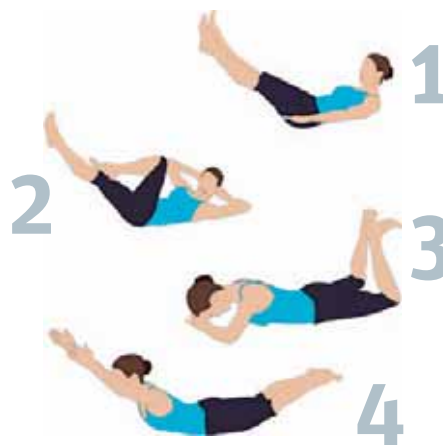
Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your

legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.

Reps: 10

Works: core, hips, buttocks, arms and thighs



2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow outside of the bent knee.

Reps: 10

Works: core, inner and outer obliques, hips, shoulders arms and thighs

3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows

wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.

Reps: 12

Works: lower back, abs, hips, buttocks and hamstrings

4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.

Reps: 3

Works: the hamstrings

WALK IN MEDICAL CLINIC

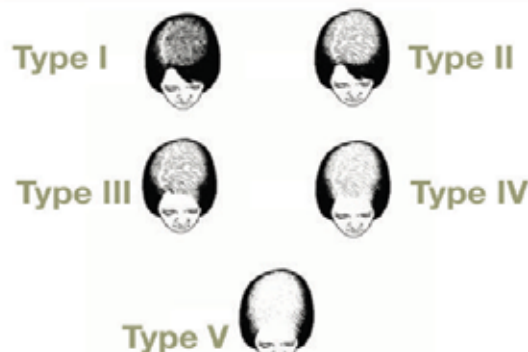
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Doughnuts might not fit into any evolutionary theories but it does factor into your decisions once a month. iSTOCK PHOTOS

Food or sex? Desire explained

Women's health. How the time of the month impacts everything from eating to life choices

CELIA MILNE
life@metronews.ca

It's not your imagination. Women really do eat more between periods.

The time of the month does have an impact on women's eating, shopping and beautification behavior,

according to a new study at Concordia University in Montreal.

Like it or not, it's an evolutionary fact.

"Menstrual-related hormones shape women's daily choices," says Prof. Gad Saad, who holds the Concordia University Research Chair in Evolutionary Behavioral Sciences and Darwinian Consumption. "Your menstrual cycle affects many of your most fundamental survival and mating pursuits."

Researchers tracked the daily desires, preferences and purchases of 59 women

Quote

"Your smart phone could warn, 'today's day 24 of your cycle – avoid grocery shopping!'"

Prof. Gad Saad
Concordia University Research Chair

over 35 continuous days. The women kept detailed diaries of the food they ate, what they bought, and how much time they spent making themselves beautiful.

There was a marked in-

crease in women's appearance-related behaviours, such as putting on makeup and wearing sexy clothes, during the fertile stage of the menstrual cycle, approximately days 8 to 15 in a 28-day cycle.

There was a rise in eating and buying high-calorie food during the infertile (luteal) phase of the menstrual cycle, approximately days 16-28.

Prof. Saad and colleagues offered a Darwinian explanation: In order for the species to survive, women had to spend more time on sex-related activities while they were fertile.

Non-mating-related activities such as food foraging took precedence during the non-fertile phase.

What do we learn from this?

One lesson is that "the likelihood of being able to stick to a diet will likely wax and wane depending on a woman's menstrual status," says Prof. Saad.

He envisions an app that Darwin couldn't have predicted.

"Your smart phone could warn, 'today's day 24 of your cycle — avoid grocery shopping!'"

Up/Down

COFFEE

According to a study published in Cancer Research Journal, increasing your intake of caffeinated coffee could lower your risk of developing the most common form of skin cancer, basal cell carcinoma. "The more coffee you consume, the lower the risk," Jiali Han, Ph.D. associate professor at the Harvard School of Public Health, told the journal.



When former Disney star Hilary Duff exposed her post-baby body on a recent trip to Mexico, the 24-year-old actress received disturbing backlash. One follower even posted on her twitter page that she was 'waddling into Pilates'. Responding to the posts slamming her weight she told Parade Magazine, "I read comments on my Twitter page about how I'm 'waddling into Pilates' and I go, 'Wow, that's a really mean thing to say. I just had a baby!'"

HILARY DUFF

Thoughts on...

Discernment

If we get caught up in trying to adjust ourselves to other people's negative energy, we lose touch with our core.

The more we do this, the more we aren't able to discern what belongs to us and what belongs to other people.

With practice, we become masters of our energetic integrity.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

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Dip your way to a delicious twist on traditional hummus

White Bean and Artichoke Hummus



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt

and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine
ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

Nutritional analysis

How does this dip stack up nutritionally per serving?

- **Calories.** 79
- **Protein.** 2 g
- **Carbohydrates.** 6 g
- **Fibre.** 1.7 g
- **Total fat.** 5 g

Health Solutions

Five hidden fibre gems



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy.
Total: 10 grams of fibre

Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the

nutrients more available to your body.

Total: 9 grams of fibre

Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt.
Total: 11 grams of fibre

Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream.
Total: 28 grams of fibre

Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it?
Total: 17 grams of fibre

All amounts are per 1/2 cup cooked unless noted.



THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

A choice between love or career

Dating at work.

Office romances can be a tricky endeavor, which could potentially hurt your career

PHOEBE HO
For Metro

Besides providing comic relief and a heartwarming love story, the hit American show *The Office* is also a great

guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of *Don't Hook Up with the Dude in the Next Cube*.

"The Office is a great example of both good and bad, the goods were that they met, they married, they fell in love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emotions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who has years of experience as a boss.

With about 38 per cent of workers admitting to dating a co-worker at least once in their career in a 2011 survey



Workplace love stories, like the one seen in *The Office*, may seem enticing, but in reality it can be a very different story. HANDOUT

by CareerBuilder, Shenker says it's virtually impossible to stop office romance from happening — with or without an office dating policy.

But she warns that inter-office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance is its potential impact on productivity and confidentiality issues.

For the career-driven, a thoughtless office romance could put a damper on one's

professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions to every rule. Shenker says for those who do find their soul mate at work, they need

to tread carefully, "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierarchical positions, then one person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker.

"That's the romantic in me speaking."

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Oak Island Resort (2 nights for 2)

4th Patti Rehill
Dine Out (5 Restaurant Package)

5th Bonnie Corkum
Atlantic Superstore (Gift Cards)

Getting hitched? Consider a pre-nup

What's at stake. A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt



YOUR MONEY
Allison Griffiths
money@metronews.ca

Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign

More info

Visit boomerandecho.com/is-a-pre-nup-really-necessary/ for more pre-nup information.



If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's

property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development

Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you

consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

Do you need a pre-nup?

Four areas of concern:

• **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.

• **Inheritance.** Especially if there are children, consider segregating all or a portion.

• **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.

• **Debt.** Nothing could be worse than having to share a soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

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Seating Capacity	7	6
Child-view Mirror	Standard	Not Available
XM Radio	Subscription Included for 12 Months!	Not Available (Available on GT)
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4

SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

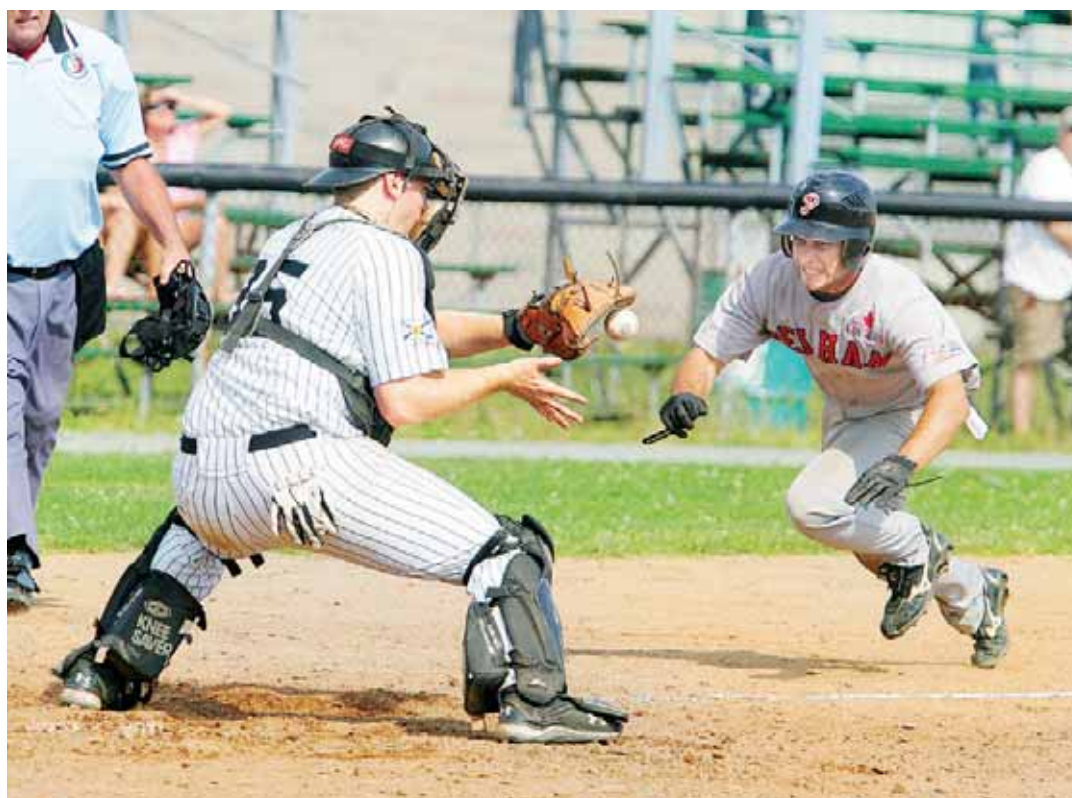
"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports



A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.



Dartmouth Moosehead Dry catcher Justin Stephens makes a catch late last season while Brandon Devlin of the Halifax Pelham Molson Canadians dives for home plate. METRO FILE

Canadians, Dry chasing Wildcats atop standings

NSSBL. Kentville has a four-and-a-half-game lead on rest of the pack halfway through the season



MATTHEW WUEST
matthew.wuest@metronews.ca

There's a new team at the top in the Nova Scotia Senior Baseball League.

The usual kings of the circuit, Dartmouth Moosehead Dry and the Halifax Pelham Molson Canadians, find themselves tied for second with matching 9-7 records, looking up at the emerging Kentville Wildcats, who are 15-4.

The Wildcats haven't finished atop the NSSBL since 2001 and haven't won a title since 2000, while Dartmouth has 10 straight first-place finishes.

Quoted

"It's gonna be really tough. There's a really big gap right now. You never know what happens. Teams can go flat. But they will be tough to catch."

Halifax Pelham Molson Canadians head coach Mark Pelham, on trying to catch the first-place Kentville Wildcats

"They've shot out to an early start and they've been rolling all year so far," said Halifax head coach Mark Pelham. "Same team, but they're coming through clutch, basically. But us and Dartmouth are right there with them."

The Canadians won last year's NSSBL title — their second in four years — and will represent the province at nationals from Aug. 23 to 26 in Prince George, B.C.

While Pelham concedes Kentville's four-and-a-half-game cushion is a big gap to close, he said the Canadians are working hard to peak in August and September, as

they did last year.

"There's always room for improvement, but we've been known to get off to a slow start and the last two years, we've been to the finals," Pelham said. "We plan to peak at the right time ... roll into nationals and then come home and hopefully win the league again."

Kentville has a combined 7-0 record against Halifax and Dartmouth, with its only losses coming against the lower-ranked Sydney Sooners and Truro Bearcats.

Halifax, meanwhile, leads the league with 6.8 runs per game and has been getting

major contributions from Pelham, Shawn Peverill and Ryan Veinot, who rank 1-2-3 in the league in batting average with a combined .410.

The Canadians can also bolster their lineup with a half-dozen players from other teams for nationals. Pelham said starting pitchers and relievers will be their focus.

"We have a chance to win (nationals)," Pelham said. "We're not flying west seven hours, however many miles, to go out and play just three games, 21 innings, and leave. We're going with our best and playing to win."

NSSBL standings

	W	L	PCT	GB
Kentville	15	4	.789	—
Halifax	9	7	.563	4.5
Dartmouth	9	7	.563	4.5
Sydney	6	9	.353	8
Truro	3	13	.188	10.5

MLB

Bautista injured in Blue Jays loss

Raul Ibanez hit a tiebreaking grand slam with two outs in the eighth inning and the New York Yankees beat Toronto 6-3 on Monday after Blue Jays slugger Jose Bautista left the game with a wrist injury.

After the game, the Blue Jays said Bautista did not break a bone, but he has a tendon injury and will have an MRI on Tuesday to determine the extent of the damage.

THE CANADIAN PRESS

NHL

Mike Green remains a Capital

The Washington Capitals have re-signed defence-man Mike Green to a three-year, \$18.25-million US contract extension, the club announced Monday.

The move comes a day after Green rejected a \$5-million, one-year qualifying offer from Washington and became a restricted free agent.

THE CANADIAN PRESS



Mike Green re-signed with the Capitals on Monday.

GETTY IMAGES FILE

Tennis

Federer reigns with most weeks as top ATP player

Roger Federer surpassed Pete Sampras on Monday to set the record for the most weeks at No. 1 in the ATP rankings.

After winning Wimbledon a week ago, Federer returned to the top for the first time since June 2010. Monday marked his 287th week at No. 1, one more than Sampras. The 17-time Grand Slam champion also tied Sampras' record of seven Wimbledon titles.

Federer first became No. 1 in 2004. He spent 237 consecutive weeks at No. 1 from February 2004 to August 2008.

THE ASSOCIATED PRESS

Van Beilen riding wave of momentum to London

Swimming. Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing. Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the

Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She at-



Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

tended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks

at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

Record arrivals

Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors

guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

Expectations tempered for Canadian track and field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games.

Here's a look at the Canadian track-and-field team's medal potential.

Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track and field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada

head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.



Dylan Armstrong, Kamloops, B.C.

He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.



Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS



Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British

By the numbers

542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second biggest squad in London, with 530 competitors, while the British will have 542 athletes.

athletes, Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries

March 21 - April 20

Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

♉ Taurus

April 21 - May 21

Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

♊ Gemini

May 22 - June 20

Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you want and believe you can get it.

♋ Cancer

June 21 - July 22

What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

♌ Leo

July 23 - Aug. 22

Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

♍ Virgo

Aug. 23 - Sept. 22

The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

♎ Libra

Sept. 23 - Oct. 22

Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

♏ Scorpio

Oct. 23 - Nov. 21

There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

♐ Sagittarius

Nov. 22 - Dec. 21

Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

♑ Capricorn

Oct. 23 - Nov. 21

Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

♒ Aquarius

Jan. 21 - Feb. 18

You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

♓ Pisces

Feb. 19 - March 20

The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

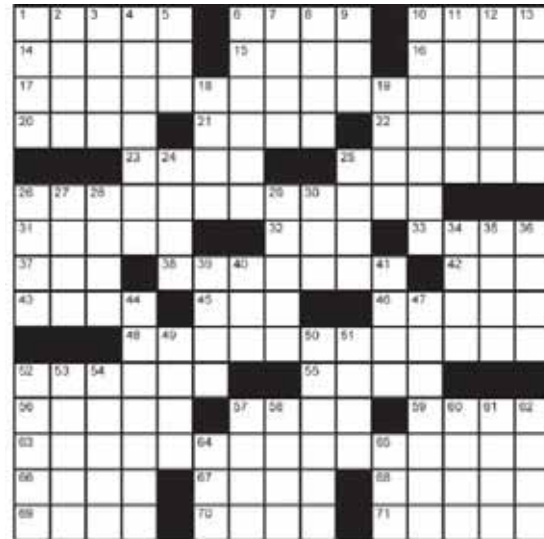
Crossword: The Canadian Experience

Across

1. See 52-Across
6. See 37-Across
10. Nanaimo ____: distinctive Can. treat
14. Throw for ____: surprise
15. Toss ____: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find ____ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin

Down

57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. ____noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order
1. "Toodlee-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph preceder
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character



30. A Stooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. ____ a drum: comparably tense
47. Like flights of Canada geese

49. "____ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	8	6	1	2	7	3	5
6	7	1	4	3	5	9	2	8
3	2	5	9	7	8	4	6	1
9	3	2	8	6	1	5	4	7
5	1	7	2	4	3	8	9	6
8	6	4	5	9	7	2	1	3
2	5	3	1	8	4	6	7	9
7	8	6	3	2	9	1	5	4
1	4	9	7	5	6	3	8	2

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
		6				4		



Yesterday's Crossword



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